

ABSTRACT OF THE DISCLOSURE

An antigravity full range of motion four limb dry swim overall body exercise machine that allows virtually every muscle in the body to work anaerobically or aerobically, at the user's choosing, while the user is lying down on their back to take pressure off the user's spine, and working most muscles through a nominal or up to a full range of motion at the user's choosing, which motions can be in one of several directions or arcs at the user's choosing. The machine includes a base frame with parallel frame adjustable lengths and supporting cross segments horizontally and vertically to a second parallel frame length above the first, the entire base frame having a first end and a second end, the first end having frame adjustments to accept length and tension adjustable arm apparatuses with handles, the second end having frame adjustments to accept length and tension adjustable leg apparatuses with pedals. Mounted on top of the base frame top parallel lengths are padded bench apparatuses, one for the torso which can include a headrest and one for the hips. The middle of the length of the base frame has a spring or shock absorber type structure to allow the middle top level of the base frame, supporting the seat and torso apparatuses, to have an up and down motion to allow for abdominal flexion of the user permitted by a pivoting action of the seat and torso apparatus sections of the upper level of the base frame. The seat and torso apparatus sections are permitted to pivot in a seesaw type action by a fulcrum cross piece under and supporting the center of each bench section.